



Adventures for boys

Outdoor leadership program for boys 10-14



Shasta County



Northern California

www.dgadventurelifeacademy.com

Boys have different needs



Movement

In boys' brains, a greater part of the cerebral cortex is dedicated to spatial and mechanical functioning.

So boys tend to learn better with movement and pictures rather than just words.

- Gurian Institute
Nature-Based Approach



Male Mentorship

Studies have shown that a positive male role model promotes a child's physical well-being, perceptual ability and competency for relating with others. **These children demonstrate a greater ability to take initiative and evidence self-control.**

Fighting Fatherlessness



- Nearly one-fourth of America's children live in mother-only families.
- Of the children living with their mothers, 35 percent never see their father.
- 24 percent of kids who live with their moms see their fathers less than once a month.
- Even in homes where the father is present, research shows that the average father spends less than 10 minutes a day one-on-one with his child.

Our Mission

We're on a mission to equip boys 10-14 with the leadership skills and social emotional tools they need to become strong men. We do this by teaching them powerful, fun life lessons through outdoor adventures led by male mentors.

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Our Program

Summit Seekers is an 8-session outdoor adventure program for boys 10-14.

Our sessions help boys to:

- to identify their needs & emotions
- to set healthy boundaries
- to manage fear & anger and make powerful decisions
- to find strength and encourage themselves in times of stress
- to create a vision for their life
- to grow in compassion for self & others
- to feel accepted & grow in confidence
- to love who they are inside and recognize and grow their gifts & talents

Each 3-hour session is packed with games, activities, leadership training, athletic challenges, and inspiring talks. The boys also get free time to play and connect with each other, explore nature and enjoy a meal together.

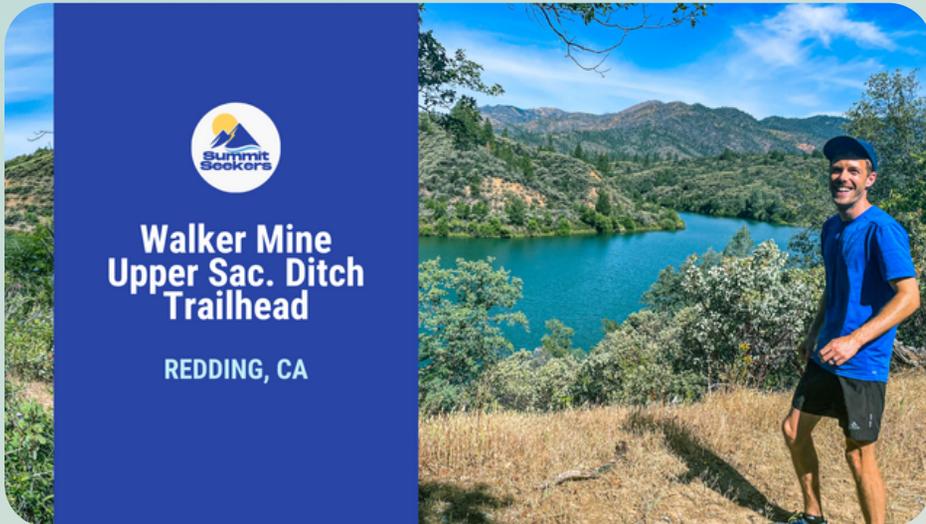
Our 8 themes are:

1. Freedom From Fear **confidence in the face of a challenge**
2. Making Powerful Decisions **boundary setting & identifying needs**
3. A Strong Identity **activating & trusting your instinct**
4. Words Are Weapons **building & protecting self-esteem**
5. SQ - Spiritual Intelligence **connecting with faith & hope**
6. Dreaming Big **goal-setting & believing in yourself**
7. More Than Emotions **overcoming strong emotion**
8. The Balance Challenge **responsibility & strength**





Session Guide 1/2



Walker Mine Upper Sac. Ditch Trailhead

REDDING, CA

01. Freedom from Fear

The boys learn to identify the feeling of fear through a wrestling game. They write something they're afraid of on a rock using paint pens. They throw this rock away and in exchange receive a new word, feeling, or visual. They write this word on the rock. At the end the boys get to play with a surprise gift, a real shepherd's slingshot!

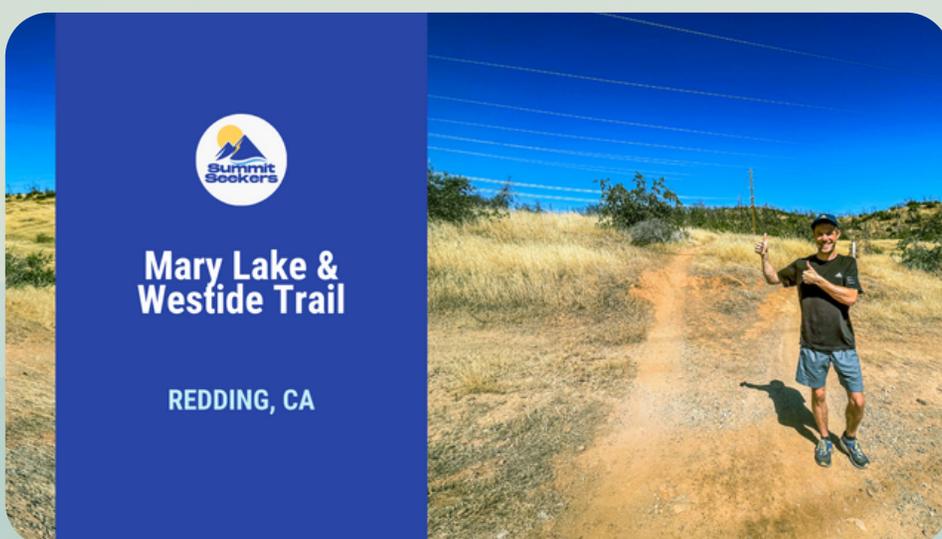


Dry Creek Trail at Shasta Dam

REDDING, CA

02. Making Powerful Decisions

The boys learn about boundaries by observing the Shasta Dam. They study the 'yes' and 'no' side of the dam and learn that making boundaries creates energy & power. They learn how to verbalize feelings & needs. They make life-sized circles of trust using shaving creme from cans painted black and labeled, 'boundaries'. They write on rocks to label and place loved ones.



Mary Lake & Westside Trail

REDDING, CA

03. A Strong Identity

The boys get a map and the assignment to 'go to the highest peak,' but the instructions end short at the trailhead and they have to rely on their internal GPS to find the way. At the top, rocks with their names are waiting for them as a surprise to show them that in life, there is a place of belonging and purpose that awaits them, even if they don't know the way yet. The boys give encouraging words & to each other and play a fun strategy game using sticks.



Waters Gulch Trail

REDDING, CA

04. Words Are Weapons

The boys observe identity words in the living things around them. They learn that we don't create identity, we discover it by hearing the truth about us. The boys play a 'truth game' with 'wrong color' words. They practice strengthening their identity & that of the others by speaking truth to each other. They learn that truth, like a sword, can cut off the bad words that don't belong to us. They learn the difference between truth that cuts and hurtful words that cut. The boys identify and 'cut off' hurtful words that have been said to them in their life. Then they have a real sword fight!



Session Guide 2/2



05. SQ - Spiritual Intelligence

The boys learn to listen to their internal GPS even through life's interruptions. They practice hearing nature with static noise playing, they do pushups while listening for details in a story. They test their EQ and IQ. Then they learn about SQ and how to strengthen it by 'walking in the light' and not in the shadows. They get solar charged flashlights as a reminder that they will be charged up to be lights & leaders when they walk in the light. They play an SQ game blindfolded!



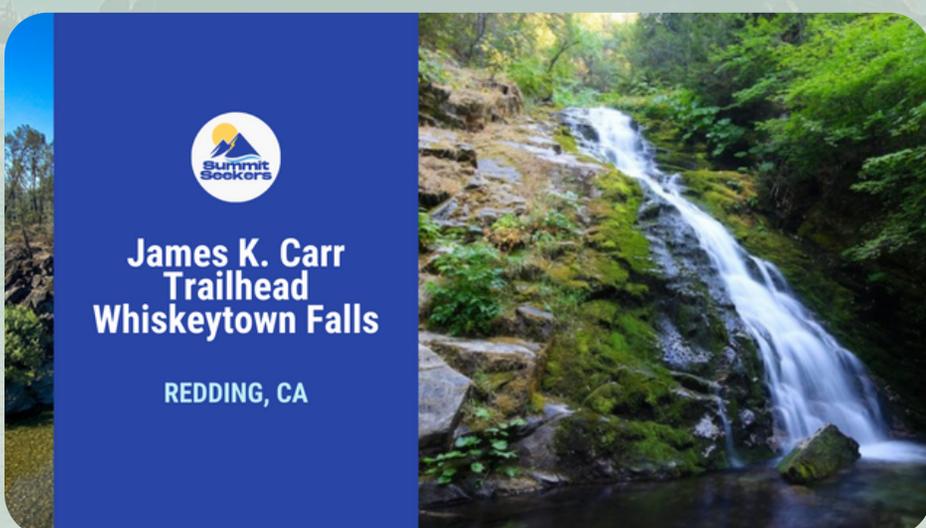
06. Dreaming Big

The boys learn that big dreams start small, and that often in life 'small ingredients' come together to make a big life. They study heroes who built big things from small ingredients, some good & some bad. They paint blank puzzles as prophetic for each other. Each boy takes home a puzzle to build that will show them something about their life. Then the boys are challenged to make a raft, an art piece, a workout, or a game of their own game using the small materials around them. They talk about their dreams, identify one small step they can take today, even if it feels like a small ingredient.



07. More Than Emotions

The boys are quizzed on knowing the emotions by identifying emojis. They learn about the function of emotions from a physical perspective. They play tug of war to 'feel' what emotions feel like inside sometimes. They hear about a story of great faith where a hopeful mindset helped that person survive a tough situation. Then one boy gets wrapped in yarn by the other boys, he thinks of a mess in their life, the leader helps them identify their feelings, needs, and possible forgiveness work, and then the strings are cut so they feel 'free.'



08. The Balance Challenge

The boys take on an 'overwhelming task' to see if they can finish all things in a set time. They learn time management and that not everything fits into our life. We must choose. They do one exercise per limb to get the feel of what 'balanced strength' feels like in the body. The boys draw their routine into a battery on a paper and make adjustments. They walk across the fallen log at the foot of the waterfall as an activation of 'balance.'



Our 'boundary' cans made from shaving gel!

Our real shepherd's slingshots!



The boys sit at the top of Castle Craggs Peak on our 'Freedom from Fear' hike, session 01.



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David's care for my son is so genuine and personal.

Kate Masson, son age 11

This is so much more fun than an average hike!

Noah, 6th grader

Team



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Offer Summit Seekers in your organization:

We actively seek to partner with organizations who believe in our mission to empower boys. We'd love to build you a quote based on your need.

Please reach out to us:

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